

NHB/NMRTC Bremerton *Caduceus*

A Monthly Recap of info, insight & issues for November 2020



DECON Team Training Certification a Success



Against the backdrop of the ongoing pandemic outbreak, staff members continue to excel—individually as well as collectively— throughout the command.

Helping to set the standard of excellence was staff involvement in the highly successful NHB/NMRTC Bremerton Decontamination (DECON) First Responder Operations Training (FROT) that recently took place.

According to Mr. Terry Lerma, emergency manager, the group, comprised of Sailors from many directorates, departments and clinics, ‘knocked it out of the park.’ in handling their varied roles and responsibilities.

Capt. Shannon Johnson, NHB/NMRTC Bremerton commanding officer, extended a hearty ‘Well Done’ to the two-dozen Sailor students who participated in the three-day course.

A portion of the course involved a time-sensitive need to completely establish two duel shower-shelter tents crucial to the DECON process in caring for any potential casualties.

Lerma noted that the DECON instructors were incredibly impressed by the NHB/NMRTC Bremerton team, citing that both tents and systems were operational in about half the time allowed.

The instructors also gave great credit to the strong teamwork and the enthusiasm of all Sailors who participated.

“I want to give a special BZ to HM2 Brittany Vain from Staff ED and MA2 Shelby Foster from Security, who served as the Team Leaders for this FROT Course,” shared Capt. Johnson. “The DECON LLC Instructors were incredibly impressed and presented these two Sailors with a DECON LLC Team Leadership Coin.

“Big thanks to the Chief’s Mess for their support and assistance with restoring NHB’s DECON capabilities, which had been suspended during the initial phases of the pandemic,” added Johnson.

The training for the command DECON team focused on how to initially triage, treat, and decontaminate actual and/or potential victims exposed to chemical, biological, radiological, nuclear and/or high explosive agents (courtesy Navy photo from Terry Lerma).



In conjunction with the Great American Smoke-Out, the command's Health Promotion teamed up with Tobacco Cessation coordinator, Mr. Pat Graves to actively recognize the annual event with a virtual Turkey Trot 5K. A total of 16 participants took part, with Alexandra Stroud of OB/GYN placing first for females with a time of 24:47, for a 7:58 pace, and Nathan Carlson of Physical Therapy clocking in at 17:48 to lead the Male runners with a 5:43 pace per mile for the 3.1 mile course requirement.

It was a tie between Ambulatory Care Unit with Labor and Delivery for the most participation from a work center.



**Naval Hospital
Bremerton** *Caduceus* is an official
Navy internal publication

Capt. Shannon J. Johnson, MSC, Commanding Officer
Capt. Jeffrey Feinberg, MC (FS), Executive Officer
CMDM (AW/SW), Robert Stockton, Command Master Chief



According to Nancy Henry, command Health Promotion coordinator, the event helps to bring awareness to tobacco cessation resources. "You never know when you are going to need to help someone quite tobacco," said Henry, adding that everyone benefits by assisting in keeping communities as tobacco free as possible.

But awareness is still needed.

"Smoking rates continue to decline in military members, however many are using other forms of tobacco like E-cigs and vapes. These are not safe alternatives to smoking cigarettes," commented Henry. "Because these devices increase one's dependency on nicotine, we cannot predict the long term effects of increased use. With the increasing popularity of vaping, the last thing we want to do is to renormalize smoking. Smoking is still the leading cause of preventable death. GASO reminds us of the dangers of all tobacco products.

30 Days to a Five Minute Plank

Check off each day and email a completed copy to
usn.kitsap.navhospbremertonwa.list.healthpromotion@mail.mil
 or drop off at 1626 by Jan 5th for a certificate.

 Name/Dept



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <input type="checkbox"/> 20 Secs	2 <input type="checkbox"/> 20 Secs	3 <input type="checkbox"/> 30 Secs	4 <input type="checkbox"/> 30 Secs	5 <input type="checkbox"/> 40 Secs
6 <input type="checkbox"/> Rest	7 <input type="checkbox"/> 45 Secs	8 <input type="checkbox"/> 45 Secs	9 <input type="checkbox"/> 1 min	10 <input type="checkbox"/> 1 min	11 <input type="checkbox"/> 1 min	12 <input type="checkbox"/> 1.5 mins
13 <input type="checkbox"/> Rest	14 <input type="checkbox"/> 1.5 mins	15 <input type="checkbox"/> 1.5 mins	16 <input type="checkbox"/> 2 mins	17 <input type="checkbox"/> 2 mins	18 <input type="checkbox"/> 2.5 mins	19 <input type="checkbox"/> Rest
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27 <input type="checkbox"/> 4 mins	28 <input type="checkbox"/> 4 mins	29 <input type="checkbox"/> 4.5 mins	30 <input type="checkbox"/> 5 mins!	31		

As has been reported, the Navy will alter physical readiness test (PRT) requirements in spring, 2021. The forearm plank—considered a better assessment of core strength—as well as rowing for an alternative cardiovascular exercise, will be added.

Usually conducted twice a year in spring and fall, the PRT will feature pushups, (forearm) planks, and a cardio exercise such as 1.5 mile run, swim or row.

The ongoing pandemic outbreak has cancelled most PRTs for 2020. The plan is for Navy commands to

have one cycle for Sailors to take their PRT, sometime between March 15 and Sept. 15, 2020. March will be the initial time with the plank and row option will be available.

The plank was chosen due to the multiple complaints and feedback over the years on how situps/curlups were aggravating lower-back issues instead of actually helping to strengthen abdomen muscles.

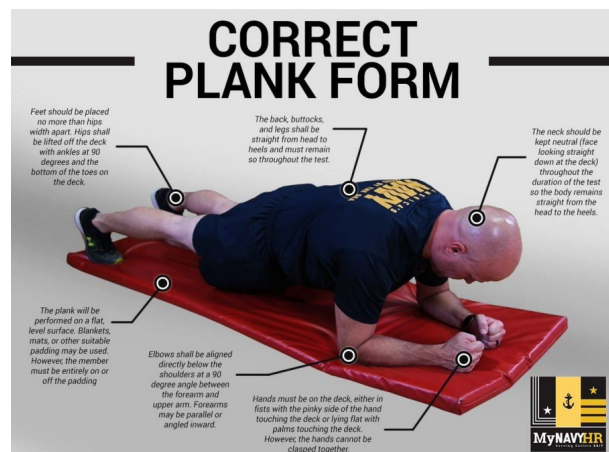
Which the plank, done correctly, does.

NHB/NMRTC Bremerton Internet Site:
<https://www.med.navy.mil/sites/nhbrem/Pages/Default.aspx>

NHB/NMRTC Bremerton Official Facebook site:
<https://www.facebook.com/navalhospitalbremerton>

NHB on Defense Video Info Distro Service:
<https://www.dvidshub.net/tags/news/nmrtc-bremerton>

NHB Command Ombudsman:
nhb.ombudsman@gmail.com.



Caring for the COVID-19 Caregiver advocated by Navy PA

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- As the effort to help stop the spread of COVID-19 continues, a Navy physician assistant (PA) is also supporting care for COVID-19 caregiver's health, wellness and resilience needs.

For Lt. Jeffrey E. Osborn, assigned to Navy Medicine Readiness and Training Command (NMRTC) Bremerton's, the ongoing pandemic outbreak has him helping maintain the war-fighting capability of commands in the third largest fleet concentration, as well as provide resources for the command's healthcare workers.

"The current pandemic has caused massive social upheaval and levels of stress only comparable to multiple deployments. People are having difficulty finding child care and balancing work, parental duties and even fulfilling the role of teachers," said Osborn, who has taken the lead to chair NMRTC Bremerton's Provider Wellness/Impaired Provider Prevention Program.



Tuning into hearing assessment training... U.S. Navy Lt. Jeffrey Osborn, physician assistant (PA) assigned to Navy Medicine Readiness and Training Command Bremerton's Branch Health Clinic Bangor demonstrates to Hospitalmen Wendy Dang (right) and Nicholas Gevedon (seated) the Rinne and Weber test(s) routinely used to evaluate hearing loss. Osborn attests that "the single best part of his job is training and working with corpsmen. The PA profession was born out of the hospital corpsman rate and many current corpsmen and medics are the future of the PA community. Corpsmen are overwhelmingly the first link in the chain of survival following trauma or injury in operational environments. I like to challenge the corpsmen working with me to push the limits of their knowledge and allow them to practice physical exams and clinic decisions. (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer)"

According to Osborn, attached to NMRTC Bremerton's Branch Health Clinic Bangor, the goal of the program is to ensure patient safety while acting as an advocate for credentialed healthcare providers.

"As with all functions at the hospital, our number one goal is always improving patient safety. In this care prevention, early identification, treatment and rehabilitation of possibly impaired healthcare providers is the focus," Osborn said.

The program is a Defense Health Agency requirement and is comprised of multiple professions such as credentialed provider, mental health and nursing staff representative(s).

There's a number of services that can be provided, including mental health, substance abuse rehabilitation referrals, even help with work schedule issues for someone struggling with significant life events.

"We act as a voice of advocacy for staff. Our program provides routine information on building resiliency with a goal of prevention of impairment. Additionally, we focus on early identification and treatment always with the goal of rehabilitation and return to clinical duties," stated Osborn, adding that the program routinely reaches out to the medical community with discussions and briefs on a regular basis, such as sharing during new provider orientation and during the occasional medical staff meetings.

"Now more than ever it is critical that we work together as peers to provide support and feel comfortable checking in with each other to make sure that none of us are struggling in silence," Osborn stressed. "Medical providers in particular tend to downplay their own problems trying to focus on providing care. It is up to us to look out for each other."

As Navy Medicine continues to respond to the pandemic's lingering impact physical, mental and emotional impacts with a ready medical force ensuring there's a medical ready force, the added responsibilities have led to concerns about burn-out and complacency.

"Healthcare workers are especially impacted by this as they fill a critical role on the front lines of addressing the pandemic. This has put increased stress on our staff as they work to provide critical care to our community while accepting increased risk of exposure and the fear of potentially spreading of the virus to family and friends," stated Osborn.

For Osborn, a Sacramento, California native, the path to his current position has been based more on the journey than the actual destination. Although the Pacific Northwest has made a lasting positive impression.

"I enjoy my time as a Navy provider. The job has unique challenges and opportunities that my civilian peers never get to experience. As someone who has been active duty with a long break in between periods of service, I can safely say that there is no place that has a similar sense of community and camaraderie as the military. The friendships and experiences will truly last a lifetime," exclaimed Osborn, noting that being able to engage in operational medicine – whether in the field or at sea – offers unique challenges in distinctive settings unlike any typical hospital and clinic environment.

Navy Medicine has taken Osborn far afield, across the Pacific and Indian Oceans, from the arid African coastline of Djibouti to the tropical jungles of Sri Lanka. He also deployed in support of Combined Joint Task Force – Operation Inherent Resolve and provided an array of medical care to joint and Coalition service members in Iraq and Syria

Yet well before his current role, Osborn joined the Army after graduating in 1999 from Elk Grove High School. He served as an airborne infantryman for four years, then diligently worked as an emergency medical technician and earned his Bachelors of Science degree in Medical Microbiology from University of California, Davis. He followed up by graduating from Touro University California with a dual Master of Public Health and Master of PA studies in 2013. He joined the Navy as a direct accession soon after.

“While in PA school I spent a considerable amount of time trying to decide where to practice and the kind of patient population to treat,” Osborn related. “I wanted to serve again after an almost 10 years break. I spoke with medical recruiters from all the military branches and was impressed with the chief hospital corpsman that I worked with. I was interested in the large scope of Navy Medicine encompassing both the blues side as well as the green side working with Sailors and Marines.”

As a physician assistant, Osborn works hand-in-hand with supervising physicians and surgeons, and is proficient in areas such as emergency medicine and family practice, along with handling primary care issues and overseeing other members of the medical team such as hospital corpsmen. Working with those hospital corpsmen is the best part of his job.

“The PA profession was born out of the hospital corpsman rate. Many current corpsmen and medics are the future of the PA community. Corpsmen are the first link in the chain of survival following trauma or injury in operational environments,” said Osborn.

Osborn’s role as a Navy PA is also part of that chain of survival, from training corpsmen to providing care to those in need with the Provider Wellness/Impaired Provider Prevention Program.



An earful of ENT instruction...U.S. Navy Lt. Jeffrey Osborn, physician assistant (PA) assigned to Navy Readiness and Training Command Bremerton's Branch Health Clinic Bangor presents ear, nose, throat – otolaryngology - training to Hospitalmen Wendy Dang (right), Nicholas Gevedon (seated) and Austin Zaidle (back). (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

I Am Navy Medicine – Jamie Eglinger, Medical Technician

As related to Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer – In her capacity as a medical technician at Navy Medicine Readiness and Training Unit (NMRTU) Everett, Mrs. Jamie Eglinger has long been considered an invaluable asset attentive to patient needs and supporting clinic operations.

Her caring, competence and compassion was recently officially acknowledged by being selected as Navy Medicine and Training Command Bremerton's Civilian of the Quarter.

"Being recognized as Civilian of the Quarter tells me that others not only notice but also appreciate the extra steps I take daily to make every patient interaction positive," said Eglinger, assigned to the Primary Care Med Home Port. "It is important to me that every interaction has the best possible outcome. I take my role very seriously. I hope to provide an important step be-



tween the patient and the clinical team. If I do my job well, the quality of care is improved and both patients and staff have a more satisfying experience."

Eglinger, a Napa, California native and Vintage High School 1998 graduate, actually rose from the depths of the ocean to her current position in Navy Medicine. After finishing at the College of Ocean Engineering, Commercial Diving and Industrial Inspection in 2000, her initial ambitions became altered by life itself.

"My dream as an adventurous young woman was to be a commercial diver and travel the world. After graduating from the commercial dive college as the youngest student in a school of 400 – with only 13 females - I decided to work 'topside' at local refineries utilizing my skills of non-destructive testing for industrial inspection. When I found out I was pregnant with my first

Caring, competence and compassion personified...In her capacity as a medical technician at Navy Medicine Readiness and Training Unit (NMRTU) Everett, Mrs. Jamie Eglinger has long been considered an invaluable asset attentive to patient needs and supporting clinic operations. She was recently acknowledged for her selflessness by being selected as Navy Medicine and Training Command Bremerton's Civilian of the Quarter (Official Navy photo)

child, and unable to continue work with industrial radiation, I decided to pursue a career in medicine,” explained Eglinger, earning her psychiatric technician certificate from Napa Valley College in 2005 and passing the California State board exam.

In 2010 she received a job offer to relocate with her family to Everett to support active duty past and present, and their family members, in an outpatient setting. She worked as a psychiatric technician in NMRTU Everett’s Mental Health Department for eight years before her current role.

“I was then, and still am, very proud to be a part of this supportive team of professionals who I consider to be my chosen military family. My husband of 19 years and our three children are grateful to be here. I am committed to continuing to support Primary Care Medical Home Port and have a strong interest in helping to support the mental health needs of our beneficiaries. Navy Medicine has opened my mind to the value of service, the challenges our beneficiaries face, and the rewards related to being part of the team caring for them,” Eglinger said.

Along with the rest of the clinic, Eglinger has also stepped up to help stop the spread of COVID-19. Former routines have been altered to lessen the chance for staff and patient becoming exposed and sick from the ongoing pandemic.

“In my current role when booking patient appointments, I make sure to inform the patient that if they begin to experience COVID-like symptoms, to contact us prior to coming in so we can discuss options moving forward and keep the symptoms out of the clinic but still address their needs. Also, I assist the rest of the team in sanitizing frequently touched areas throughout the day. Being able to see the lobby from my desk, I am able to encourage/enforce the proper wearing of face masks by patients and staff alike,” remarked Eglinger.

Eglinger is noted being very helpful in assisting patients with navigating new processes in health care delivery during the coronavirus outbreak.

“We are all affected by the recent changes. Having patience and understanding in these times of elevated external stressors can make a big difference to completing even the simplest of tasks. One example I can share occurs daily. During this pandemic, changes were made to our policies regarding who can/cannot utilize our pharmacy services, as well as the process on how to pick up those prescriptions. This was frustrating to many beneficiaries, some of whom don’t do well with change. I simply take the time to listen to their concerns and provide an explanation as well as a solution to their issue. Many times, the patient ended the conversation by saying, ‘Thank you. I just needed someone to explain it to me,’ said Eglinger.

Another focus for Eglinger is continuing to enhance patient safety protocols throughout the clinic

“Every career path I have taken has had a top priority of safety. Most safety measures are in the small, day-to-day actions. Whether addressing a spill to avoid a slip hazard or promptly getting an urgent message to a provider regarding medications, all safety concerns should be addressed immediately. Safety is everyone’s responsibility. I take this seriously,” stressed Eglinger.

When asked to sum up her experience in Navy Medicine at your clinic, Eglinger replied, “My experience with Navy Medicine has been rewarding on many levels and has provided opportunities for growth, in my career and within myself.”

I am Navy Medicine – and Industrial Hygienist – Michael Humann

As related to Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Navy industrial hygienists such as Michael Humann routinely focus on unique and complex issues to help care for others.

This year has had more than its' fair share of significant and difficult concerns that Humann has provided timely expertise to handle.

His contributions in proactively helping to stop the spread of COVID-19 at Naval Medical Readiness and Training Command (NMRTC) Bremerton led to recently being selected as the command's Senior Civilian of the Quarter.

“This shows that NMRTC Bremerton recognizes the important work that all their industrial hy-



gienists do for their customers throughout Navy Region North-west,” said Humann, a Breckenridge, Minn. native and University of Iowa 2011 graduate who has been an integral part of Navy Medicine for almost three years.

Even prior to the COVID-19 outbreak, Humann had reviewed the command's Respiratory Protection Program (RPP) during a crucial Industrial Hygiene Survey and identified areas for improvement to safeguard staff from potential exposure to communicable diseases. He made sure potential frontline personnel were enrolled in the RPP, as well as medically cleared to use powered air-purifying respirators (PAPRs). Due to his behind the scene preemptive efforts, NMRTC Bremerton was well positioned when the COVID 19 outbreak occurred to effectively protect staff as well as patients in dealing with COVID-19.

“While I feel my work has been important, the response to COVID-19 has been truly multidisciplinary. All stakeholders involved have been essential for our success.” Humann said. “The support of my colleagues at NMRTC Bremerton and within the Industrial Hygiene Department have been crucial.”

Michael Humann, industrial hygienist assigned to at Naval Medical Readiness and Training Command (NMRTC) Bremerton was recently selected as the command's Senior Civilian of the Quarter due to his proactive contributions in helping to stop the spread of COVID-19 (Official Navy photo by Mass Communication Specialist 1st Class Kyle Steckler, NMRTC Bremerton Public Affairs)).

Humann is considered a key member of the command's COVID-19 Working Group, a forged collection of dedicated subject matter experts assembled in March to help lead the command's response in dealing with the COVID-19 threat.

Humann identified potential occupational health hazards and recommended strategies aligned with Centers for Disease Control and Prevention, Occupational Safety and Health Administration, and Navy regulations and policies.

"I am glad that my job allows me to work directly with the active duty and civilian staff whose health I am responsible for," remarked Humann.

The pandemic outbreak also led Humann in taking the lead to protect staff members working in the command's drive through screening process tents. He made sure they had adequate protection from potential heat stress injury during the long dog days of summer. He accomplished this by installing real-time heat stress monitors on the hottest days, and mandating site-specific heat stress protocols were in place.

"I am just a Navy industrial hygienist who is eager to come to work every morning to protect the health of the Navy's active duty and civilian staff," Humann exclaimed.

Along with ongoing pandemic and late summer heat wave, there was yet another threatening health crisis to help mitigate. Raging seasonal wildfires from British Columbia to northern California brought the entire Kitsap County Air Quality Index (AQI) to an unhealthy level.

Humann briefed the COVID-19 working groups on Environmental Protection Agency guidance for working outdoors when fire and smoke are present, leading to the command issuing additional N95 respirators (protective devices offering efficient filtration of airborne particles) to all staff standing watch outdoors.

Humann even assisted with the behind-the-scenes efforts of the Housekeeping staff as they began using a more hazardous disinfectant due to COVID-19. He performed a qualitative health assessments and advised them on including such added measures as using specific gloves for better protection and lengthening the re-entry time into any room just cleaned and sanitized.

Humann's write-up for Senior Civilian of the Quarter notes that as 'a consummate professional, he is respectful of others, listens to their points of view, and communicates his ideas with compassion and understanding. His sole intention in performing his duties is to benefit others. He often goes above and beyond the normal scope of his duties to further the command's mission and to protect the health of staff members.'

His contributions in his Navy Medicine career, which began in January, 2018, are an example of what happens when an opportunity is noticed and acted upon.

"A career with Navy Medicine wasn't something I thought of until I saw the announcement for my current position. I am glad I saw that announcement and look forward to a long career with Navy Medicine," stated Humann.

When asked to sum his experience in his relatively short Navy Medicine career in one sentence, Humann replied, "Rewarding."

I am Navy Medicine – & Junior Officer of the Quarter – Lt. Daria Seipeltira

By Mass Communication Specialist 1st Class Kyle Steckler, NMRTC Bremerton Public Affairs – U.S. Navy Lt. Daria Seipeltira said she knew two things from a very young age; she wanted to be a nurse, and she wanted to join the United States Navy.

“My dad was in the Navy, and I always knew I wanted to join,” said the 2002 graduate of Mountain View High School in Mesa, Arizona, and 2015 graduate of Phoenix’s Chamberlain College of Nursing. “I joined the Navy with nursing in mind, too, though my path to the Nurse Corps wasn’t exactly conventional.”

Seipeltira was recently selected amongst her peers as Navy Medical Readiness Training Command (NMRTC) Bremerton’s Junior Officer of the Quarter (JOQ), one of several quarterly cat-



Peerless performance personified...U.S. Navy Lt. Daria Seipeltira, Navy Nurse Corps officer, was recently selected amongst her peers as Navy Medical Readiness Training Command (NMRTC) Bremerton’s Junior Officer of the Quarter (JOQ), one of several quarterly categories used to recognize high-performing junior officers, enlisted Sailors and government civilian employees who stand out from others in similar ranks or paygrades. She was recognized as a prime example of the Navy’s core values of honor, courage and commitment, along with the command’s standards of care, competence and compassion (Official Navy photo by Mass Communication Specialist 1st Class Kyle Steckler, NMRTC Bremerton Public Affairs).

egories used to recognize high-performing junior officers, enlisted Sailors and government civilian employees who stand out from others in similar ranks or paygrades.

Being recognized as the JOQ identifies the recipient as a prime example of the Navy's core values of honor, courage and commitment, along with the command's standards of care, competence and compassion. Seipeltyra said she supposes it means she's doing something right.

"As leaders, we just hope that all the choices we make are the right ones, and a little validation that you're heading in the right direction never hurts," she said, reflecting on her reaction upon receiving the honor. "I like to think I'm the epitome of a positive, approachable, servant leader. How can I help? How can I make you more successful? When people know you're there for them, they are more comfortable and happier doing their jobs. Happy people are more productive people, and the work environment improves drastically. It's just that simple."

Currently the OB-GYN division officer at NMRTC Bremerton, Seipeltyra is a self-proclaimed Navy kid. She was born in Florida, but calls Arizona home. She said her 11-year naval career has, so far, mirrored her father's, as both father and daughter began their naval careers as enlisted Sailors.

"I liked the idea of being an enlisted Sailor first," she said. "I liked the idea of the experience I'd gain from it, but I always intended on commissioning as a nurse. My dad was enlisted first, too, as what would be considered an electronics technician today. As a first class petty officer, he commissioned as a pilot. He passed away during night operations in the Persian Gulf. His plane had mechanical malfunctions. He was a lieutenant commander with 21 years of service. That will most likely be my rank upon my completion of service, further enforcing my career mirroring his."

As for Seipeltyra, her Navy story didn't begin in the medical field.

"My enlisted rating chose me," she said. "I had wanted to be a corpsman, but it didn't work out, so I became a fire controlman. I was lucky enough to be able to promote quickly and, like my dad, was a first class petty officer when I commissioned."

Seipeltyra's journey to Nurse Corps commissioning began almost immediately after enlisting via application to the Medical Enlisted Commissioning Program (MECP), a specific pathway for enlisted Navy and Marine Corps to commission in the Navy Nurse Corps.

"I'm sure fire controlman is a great job, but I knew what I wanted. I wasted no time in submitting an MECP package," said Seipeltyra. "Couple that with the fact that after 'A' school, I was selected to serve as the executive assistant to the command master chief of Naval Station Great Lakes, and you have a perfect storm of not ever being able to practice as a fire controlman."

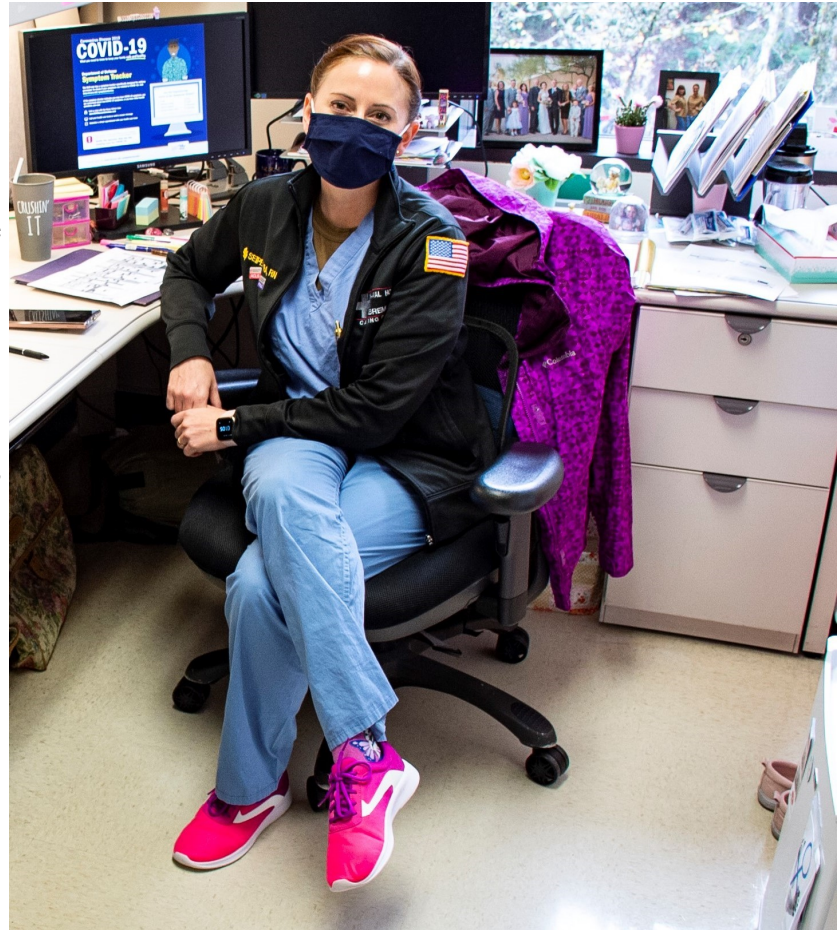
"MECP is extremely competitive as it's open to any enlisted member in the Navy or Marine Corps. Several hundred people apply every year, but they only choose 30-40 applicants a year. I spent nine months doing volunteer work at the local Veterans Affairs clinic and other resources gathering experience and hours to make a competitive package. While at Great Lakes, I was selected and attended nursing school in Arizona."

After nursing school and her commissioning as a naval officer, Seipeltyra worked as a staff and charge nurse in the Mother Infant Unit of Naval Medical Center San Diego before transferring

to NMRTC Bremerton and working briefly as a staff nurse in the hospital's multi-service ward.

As the current OB-GYN division officer, Seipeltira said she has found her calling. In her words, "the OB-GYN clinic guides patients through some of the most challenging and exciting changes in their lives, whether that be helping them bring new life into their family, or guiding them through the changes that naturally come with advancing years, and doing so with the utmost competence and compassion."

"I was able to fall into my dream job here," she said. "I have loved every minute of this role. I just love the patient connection. Having a patient come back and remember you being their nurse, even after having transferred to a new command, sharing those memories, is such an amazing experience."



Like many essential workers around the country, NMRTC Bremerton staff divined new and inventive ways of delivering top-notch healthcare to beneficiaries amid the COVID-19 pandemic. Seipeltira said her staff have acclimated to this new climate with poise and professionalism their beneficiaries have come to expect.

"Our overall routine hasn't changed tremendously," said Seipeltira. "We just have remained vigilantly flexible, with frequent schedule changes and adapting to the latest policies to ensure we are doing the most to protect everyone. Our providers stay current to the moment as knowledge is gained on how this pandemic affects our specific patient population."

COVID-19 has certainly changed the way Americans go about their respective business, but according to Seipeltira, at least one thing hasn't changed.

"Babies don't stop," she said when summarizing her role at the hospital during a pandemic. "Healthcare doesn't go on pause because of a pandemic. Now, more than ever, we have needed a constant presence to ensure the very busy clinic runs smoothly. On a regular day, someone needs to be the watchful eye that hovers over schedules, lingers on paperwork, has ears open to the front desk, guards the privacy of our patients and safety of our staff, all in addition to calming nervous minds. That is my job."



A crushing—all too preventable - loss...NHB/NMRTC Bremerton provided a visual reminder on the deadly dangers of drinking and driving posting the remains of what used to be a new car, demolished by the drunk driver after speeding over 90 miles per hours, causing a collision, and killing the passenger (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Tis the Season to be Safe and Sober and not a Statistic

By Douglas H Stutz, NHB/NMRTC Bremerton Public Affairs – ‘Tis the season to be safe and sober, not dangerous and drunk, and end up some statistic.

If that’s not sobering enough, then what is?

The goal for Navy Medicine Readiness and Training Command (NMRTC) Bremerton is to ensure everyone’s upcoming holiday season is overflowing with festive cheer and not filled with consequences from bad decisions.

In an internal fireside chat for staff members, NMRTC Bremerton command leadership addressed safety concerns concerning drinking and driving, along with emphasizing the continual need to avoid complacency in helping stop the spread of COVID-19.

“This [fireside chat] is a new way for us to communicate to the command,” said Capt. Shannon J. Johnson, NMRTC Bremerton commanding officer.

NMRTC Bremerton Command Master Chief Robert Stockton is actively taking the lead in communicating the seriousness of drinking and driving, noting that in any alcohol related incident, there is always one specific detail common in every occurrence.

“They are all preventable,” exclaimed Stockton, adding that some staff members have expressed confusion expressed in knowing how much consumption of an alcoholic beverage was too much.

Someone may be arrested in Washington state and convicted of a DUI if; their BAC is .08 or more and is also 21 years of age or older; their BAC is .04 or more and is driving a commercial vehicle; or their BAC is .02 or more and they are younger than 21 years of age.

“We need to make sure we educate ourselves,” stressed Stockton.

Since .02 is the lowest Blood Alcohol Content (BAC) that someone can be arrested for, let’s break it down as to what that means in alcohol consumption. .02 BAC equals such standard drinks in the U.S. as a five ounce glass of wine (12 percent alcohol), a one and half ounce glass of liquor 80 proof, a 12 ounce can of beer (five percent alcohol) or a 12 ounce wine cooler (five percent alcohol).

According to the National Highway Traffic Safety Administration, there’s a noticeable difference between men and women when it comes to BAC.

For a male with a body weight of 160 pounds, two drinks can have his approximate BAC at .05, which is considered impaired. Two more push his BAC to .08 and legally intoxicated.

For a female with a body weight of 160 pounds, two drinks have her impaired at .06, and two more in that 60-minute span have her legally intoxicated with a BAC of .09.

With Thanksgiving considered the start of the traditional holiday season on through to New Years, local law enforcement agencies will be out in force with increased patrols focused on drinking-and-driving.

The penalties for drunk driving in Washington State are daunting. For someone getting a DUI with a BAC under 0.15 there’s a 90 day driver license suspension, up to 364 days in jail, and a fine anywhere from \$940 to \$5,000. For someone pulled over with a BAC over 0.15 the driver license is suspended for a year, with up to 364 days in jail and a fine between \$1,195 and \$5,000.

“There are severe consequences for getting a DUI. There’s nonjudicial punishment (NJP). That process can affect someone’s higher tenure,” stated Stockton, noting that along with the disciplinary measure from the command, a person saddled with a DUI also has to deal with civilian court fines, the impact on their driving record and much more expensive insurance rates.

“But the really big issue is how it impact people’s lives. How much is that worth? We have a responsibility to keep people safe,” said Stockton.

Stockton also strongly advocates that there are existing options that anyone can utilize.

“Look, there’s alternatives. Make a plan. There’s options besides driving yourself if you’ve been drinking. Have a designated driver. There’s available transportation that will pick you and drive you where you want to go. You can call your chain of command. Our command has a safe ride program, too. Your safety and the safety of our community is our number one priority,” stated Stockton, adding that NHB/NMRTC Bremerton Safe Ride program number is 1-360-443-0438.

NHB/NMRTC Bremerton Safe Ride program: 1-360-443-0438

Johnson readily attested that her least favorite part of being a commanding officer is holding NJP, especially involving an alcohol related incident.

“It is particularly concerning when I have a DUI case before me. The consequences are always very serious, and often career impacting,” shared Johnson. “I am also aware that consequences could be far worse than standing before me at NJP. Those who drive under the influence run the risk of having to stand in a court room and face the family of someone they killed or injured, and ultimately having to serve time in prison, all because of one irresponsible decision. I want every member of my command to understand how serious this is.”

“I care about all of you,” Johnson continued. “It’s a team effort to help everyone make good decisions. Do not let anyone put themselves in a situation that will have life altering consequences.”

Stockton similarly emphasized the need for bystander intervention.

“If there is a shipmate there to prevent someone – anyone – from driving after drinking, we need them to step up and intervene. Don’t allow it to happen. Prevention is a responsibility for all of us. Leadership, we’re charging you to stay engaged with your Sailors. Have the conversation. Look out for each other. Take care of one another. Set the right tone,” said Stockton.

MHS GENESIS offers secure access

Naval Hospital Bremerton and our branch clinics at Everett and Banger want to remind all patients that one of the best ways to communicate about personal health care issues is via the MHS GENESIS Patient Portal.

The Patient Portal is one of the key features and benefits for any beneficiary using MHS GENESIS. The portal is a one-stop shop for viewing your personal healthcare and history. It provides two-way communication between patient and provider. The portal is a secure website for around-the-clock access to individual and family health information, including visit notes, test results, x-rays and medications, along with online prescription renewal.

“The MHS (GENESIS) Patient Portal is the safest and most efficient way for patients to contact the clinic,” said Capt. Michael Mercado, Naval Hospital Bremerton director of Medical Services department.

Beneficiaries can visit the official site at <https://patientportal.mhsgenesis.health.mil> and once there, use one of the three options to logon: Department of Defense Self-Service Logon; Common Access Card; or Defense Finance and Accounting Service login.

There is however one specific stipulation for patients to use the system.

“The caveat is that they have to have been seen at NHB for the portal to be created, but once seen, they should be good to go to be able to sign into the portal,”

explained Mr. Kelly Gann, Defense Health Agency health informatics site integrator.

Key benefits include:

View personal health information.

Exchange secure messages with care team.

Request prescription renewals.

View notes from clinical visits and certain lab/tests results, such as blood tests.

Schedule active duty medical/dental appointments.

Complete pre-visit AD dental health questionnaire

Along with providing beneficiaries a modern, secure and connected EHR, MHS GENESIS also helps to streamline the workday for doctors, nurses and hospital corpsmen in caring for their patients by eliminating double order entry and double documentation.

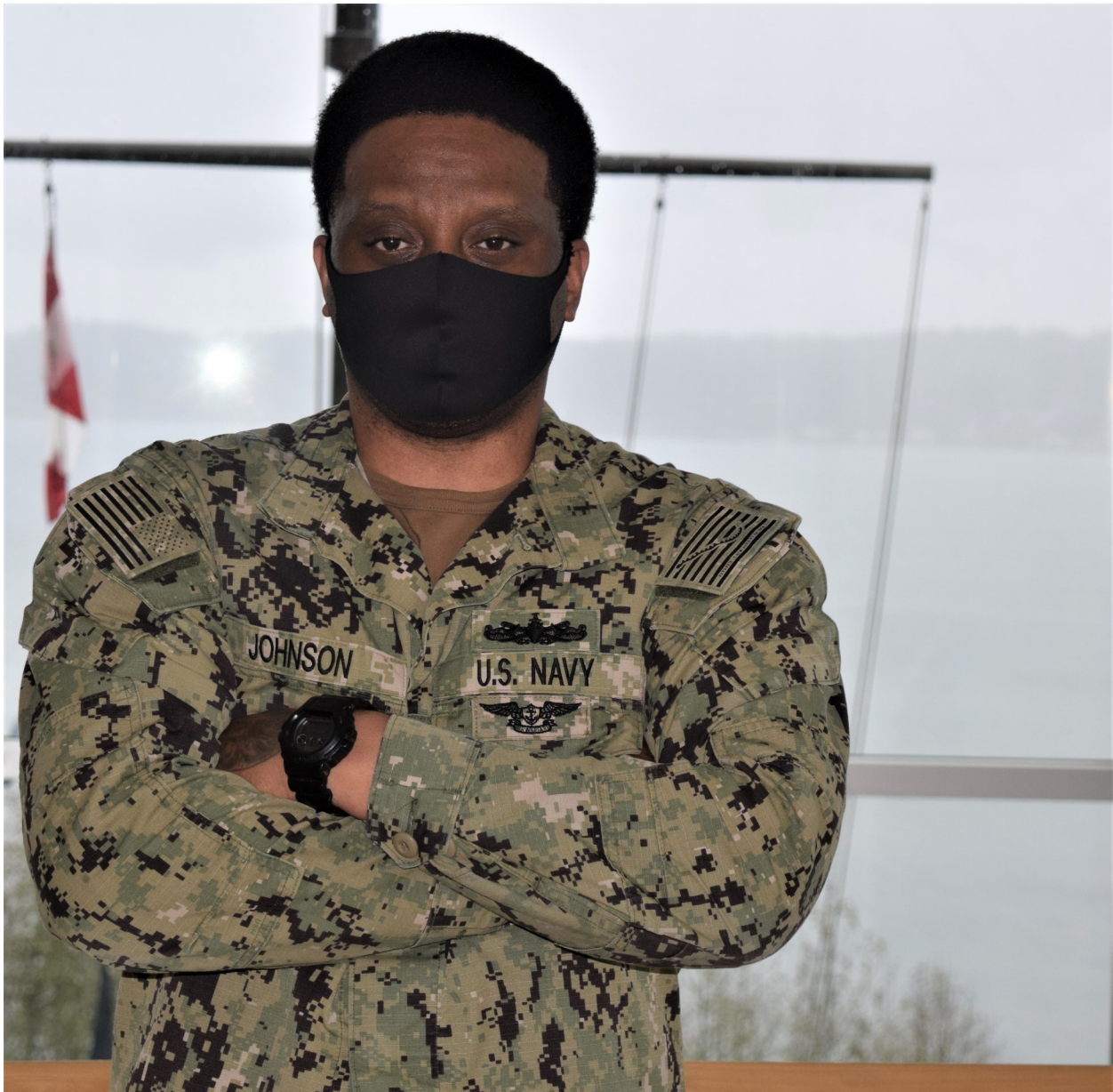
MHS GENESIS is DoD’s single integrated electronic health record for service members, veterans and their families. It is specifically designed to integrate inpatient and outpatient medical and dental information across the continuum of care, from point of injury – whether ship, shore, submarine, squadron - to the military hospital or clinic.

Along with NHB, other Pacific Northwest sites - Fairchild Air Force Base, Naval Health Clinic Oak Harbor, Madigan Army Medical Center - deployed MHS GENESIS in 2017 as the initial vanguard. Full deployment continues across the DoD world-wide spectrum – Naval Hospital 29 Palms and Naval Hospital Camp Pendleton most recently - which eventually serving more than nine million beneficiaries.

I Am Navy Medicine: Hospital Corpsman 3rd Class (SW/AW) Anthony Johnson

As related to Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer – When U.S. Army Lt. Gen. Ronald J. Place, Defense Health Agency (DHA) director called on Naval Hospital Bremerton (NHB), little did a newly arrived Navy petty officer realize he would be front and center during the visit.

Hospital Corpsman 3rd Class (Surface Warfare and Aviation Warfare qualified) Anthony Johnson was selected by his directorate to be recognized by the visiting DHA director for his de-



Setting a standard of excellence...Hospital Corpsman 3rd Class (Surface Warfare and Aviation Warfare qualified) Anthony Johnson recently found himself being called front and center when U.S. Army Lt. Gen. Ronald J. Place, Defense Health Agency (DHA) director visited Naval Hospital Bremerton (NHB). Johnson was recognized for his sustained, dependable effort with Healthcare Benefits operations and Referral Management Center in helping service members and their families navigate enrollment complexities, electronic health record MHS GENESIS registration and coordination of care needs (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

pendable work on the job and his leadership efforts guiding junior Sailors.

“It was an honor to even be recognized with the short amount of time I had been onboard. I was not aware and was definitely caught by surprise when told to report immediately after completing my Basic Life Support instructor course that day. I love knowing that even if nothing is being said around you, your Chain of Command is always paying close attention and recognizing the hard work and effort we all put in daily,” said Johnson, who was hand selected to assist NHB’s Healthcare Benefits operations and Referral Management Center in helping service members and their families navigate enrollment complexities, electronic health record MHS GENESIS registration and coordination of care needs.

“I tried to learn as much as possible to become a valuable asset to the Healthcare Operations Department and Referral Management Center,” Johnson said, helping conduct daily primary care manager (PCM) assignments and management of patient empanelment for 37 PCMs with approximately 33,800 patients.

He also assisted in coordinating and updating TRICARE enrollment and benefits for more than 7,000 Sailors assigned in the Pacific Northwest, along with handling counseling and management of billing concerns, coordinating virtual appointments and serving as a liaison between NHB and claim(s) advisors.

Johnson is currently the leading petty officer of the Multi-Service Unit managing 14 enlisted Sailors in support of nine nurses.

The added responsibility and increased reliability is part of the path that Johnson has followed from Gulfport, Miss. to Atlanta, Ga. where he graduated from Stone Mountain High School in 2001. After time spent unhappily working in construction as a welder, he chose to pursue his interest in medicine, drawing inspiration from his mother in doing so.

“My mother dealt with medical issues for many years of my life since middle school. I always wanted to know the why and the how this medicine or that medicine works, or what is causing the symptoms, how to treat it, etc.,” explained Johnson. “I am the oldest of three boys raised by a single parent, who battled cancer since I was 12 years old, which grew my interest in medicine. Plus, I like helping people in need anytime I can.”

“I kept good grades, played sports in school, but never knew what I wanted to do until later in life when I decided to go after my interest in medicine,” continued Johnson. “I have a daughter who’s growing so fast on me, recently turning 14 years old in October and wants to become a pediatrician. I hope to continue in the rate that I love until retirement. I really couldn’t imagine any other job for me.”

Navy Medicine has already taken Johnson to multiple countries, put him in conversations with diverse groups of men and women who share his same love of medicine as well as provide an educational roadmap to obtain his college degree in health care administration.

As with the rest of his command, Johnson also continues to focus on helping stop the spread of COVID-19.

“Outside of wearing our masks continuously as mandated, we continue to practice decontamination protocols, such as wiping down all frequently contacted areas - door knobs, countertops,

desktops, furniture - before and after patient visits. We maintain our safe distances and educate about the risks of being in large groups when out in public,” Johnson said.

Johnson attests that the highlights in his career are centered on the rapport established with those he works with and works for.

“The best part has been the relationships that I’ve built, the mentors who kept guiding and pushing me to do more, and most importantly the tough challenges that I faced, got through, and realized it was only the not knowing what’s ahead that I really feared. Our job field is not easy, it’s not meant to be, and if it was.....everyone would do it,” shared Johnson.

Johnson readily affirms that Navy Medicine has provided him with specific meaning.

“I am contributing to something greater. The amount of patients I’ve seen for minor procedures, minor or major injuries, or simply common colds, I know I helped with an issue that needed resolved. That same person may go out and do something great for someone else,” Johnson said.

Johnson is also making sure his Sailors are prepared to respond to any operational readiness need, as has been the case during the ongoing pandemic outbreak.

“I am responsible to actively engage my team through coaching and providing opportunities to maintain and expand their skillset and personal and professional growth. This ensures that when called upon, they will be better prepared and ready to meet the mission’s needs,” stressed Johnson.

When asked to sum up his experience with Navy Medicine in one sentence, Johnson replied, “I would say my experience is the most fun, educational, stressful, challenging, rewarding adventure ever, and I would do it all over again.”

Navy Nurse Corps enhance clinical sustainment skills in Joint Environment

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- With an eye on enhancing joint operation capability and a hand on improving personal and professional competency, Navy Nurse Corps officers have teamed up with Madigan Army Medical Center for clinical sustainment training.

According to Lt. Cmdr. Candice West, seven nurses from Navy Medicine Readiness and Training Command (NMRTC) Bremerton are piloting this training evolution. Their feedback will determine how the process works – and evolves - in providing suitable opportunities for improving their nursing skills.

“The mission of this training is to provide our nurses with exposure to higher acuity patients – those with challenging medical conditions - which will facilitate and support their knowledge, skills and abilities (KSA),” said West, noting that once the feedback has been provided, it will be determined what worked and what could be modified to improve the flow, process and rotation efforts for the nurses involved.

The nurses were assigned to two non-COVID-19 Medical Surgical unit at Madigan Army Medical Center. Taking part in the training were Lt. Cmdr. Anuel Felipe, Lt. Matthew Farnham, Lt.



Lt. Cmdr. Candice West, NHB/NMRTC Bremerton Nurse Core Competency Program manager is flanked by command Navy Nurse Corps officers. The seven nurses recently teamed up with counterparts at Madigan Army Medical Center for clinical sustainment training, which will provide them the opportunity to care for higher acuity patients which will facilitate and support their individual and collective knowledge, skills, and abilities (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Jose Vargas, Lt. Andrea Mauter, Lt. Tiffinie Isreal, Lt. j.g. Candice Carter and Ens. Jessica Maneja.

West affirms that this opportunity is not only valuable in providing suitable training required to keep skill level(s) relevant, but combines Navy and Army efforts to deliver timely patient-centered care to over 285,000 local beneficiaries in the integrated Puget Sound Military Health System market.

“More and more we are focusing our efforts on joint operations. Standardization and continuity are key if we want to be successful. Working hand in hand with our sister service in this capacity promotes comraderie, trust, and medical ready forces,” West said.

Navy Nurse Corps officers with up-to-date clinical sustainment abilities are also an integral asset in ensuring there’s a ready medical force able to support a medically ready force.

“We need to be able to perform our duties in a moment’s notice. Those with a primary job outside their deployment nursing specialty are required to perform a minimum of 144 hours per year to support their competence,” explained West. “They can do this using different modalities, the best being hands-on at the bedside. However some other options are simulation and continuing education.”

“This joint relationship will support staff here at NMRTC Bremerton to be able to fight tonight, added West. “At NMRTC Bremerton many of us lack the exposure to the level of acuity preferred for quality clinical sustainment, so partnering up with Madigan is essential. What you don’t use, you lose.”

West attests that the clinical sustainment training will not augment the credentials of the nurses, but will enhance their confidence at the bedside or in a deployed setting. That assurance in being able to provide medical care in any operational setting is crucial and adheres to the Navy surgeon general priority of ensuring operational readiness.

“This 100 percent supports the priority. At NMRTC Bremerton we are low-acuity and low-volume. Working alongside our Army counterparts at Madigan will be essential to reinforce and expand our skillsets to the level required to support the call,” said West.

Another byproduct of the training is having Navy nurses working side-by-side their Army counterparts and peers. Being able to function and operate in any joint operation environment is considered another critical mission readiness need.

“The sooner we can start to build those relationships and our level of trust and support is extremely important and the better off we all are. It will only make us a stronger force,” West commented.

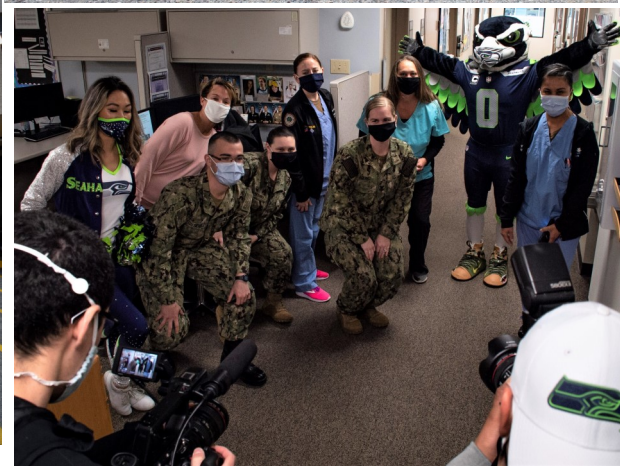
West also affirms that while the clinical sustainment training is not emergency preparedness or public health centric, just the application of sharing insight and information alone provides a boost for the ongoing need to help stop the spread of COVID-19.

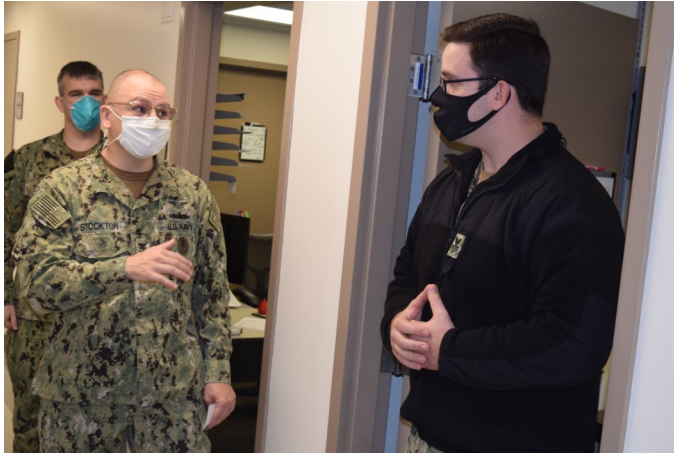
“Though not COVID--specific training, this training does equip our nurses in the event we need to provide additional support down the road whether on a ship, stand-up hospital or a civilian hospital,” West commented. “This is the initial step. Once we have a solid process we hope to expand across NMRTC Bremerton, to include our Branch Health Clinics.”

Seattle Seahawk Salute to Service at NHB



Ahead of their ‘Salute to Service’ game hosting the Arizona Cardinals Nov. 19, 2020, NHB/ NMRTC Bremerton hosted the Seattle Seahawks for a whirlwind meet-and-greet visit from team mascot Blitz and Seahawks dancers.





A Name Change Like No Other

It is my distinct pleasure to announce our five new Chief Selects. Over the course of an enlisted career, one of the most memorable moments is to be selected to join the ranks of Chief Petty Officer. Years of training, mentoring, deploying, accepting challenge - and lots of hard work culminate in reaching this career milestone. No Sailor earns the right to enter the Chief's Mess without a persistent commitment to excellence. This year's Chief's Selects are close to proving they have earned that right. They have an intense Chief Initiation Season ahead. I am confident they will prove themselves ready and fully expect that they will be pinning on Anchors Jan. 29, 2021, and earn the right to be called "Navy Chief!"

HMC (Sel) Jose Albarran, DMS - 03
HMC (Sel) Chad Galvin, DMS - 03
HMC (Sel) Steven Head, DBC - 50, Everett
MCC (Sel) Kyle Steckler, PAO - 00
CSC (Sel) Miguel Escajeda, Galley - 09

V/R, CO

